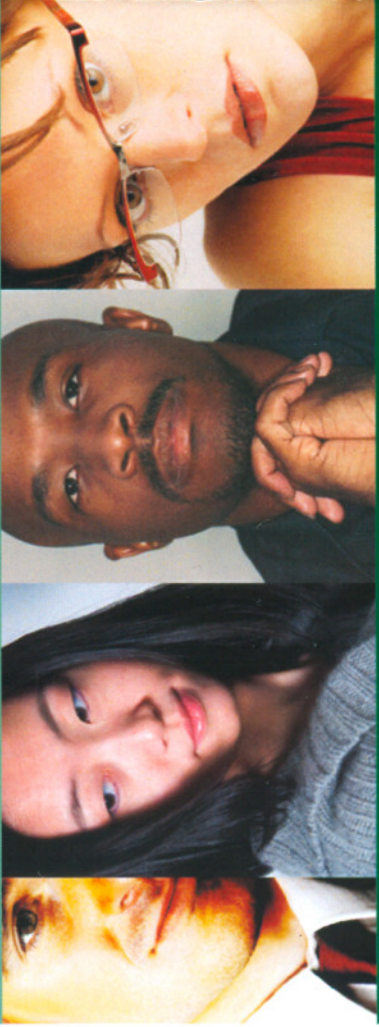




Are You Living with HIV or AIDS?

A GUIDE TO SERVICES IN MAINE



State of Maine
HIV, STD and Viral Hepatitis Program



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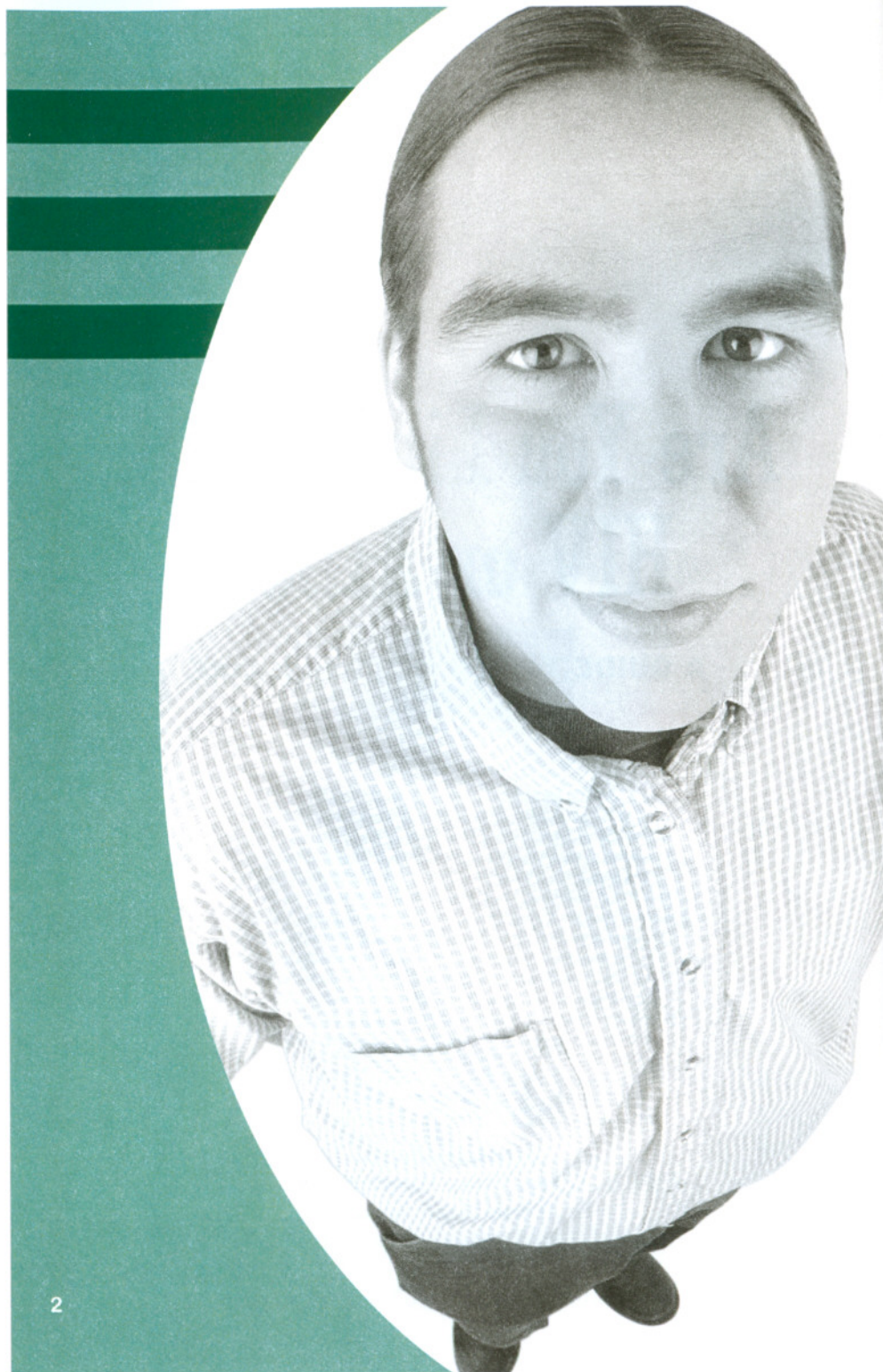
*Caring...Responsive...Well-Managed
We are DHHS.*

Are You Living with HIV or AIDS?

A GUIDE TO SERVICES IN MAINE



STATE OF MAINE
HIV, STD AND VIRAL HEPATITIS PROGRAM
11 State House Station
Augusta, Maine 04333-0011
(207) 287-3747
www.maine.gov/dhhs/boh/ddc/hiv_std_vh.htm



Know Your Options

Living with HIV or AIDS can be hard. There are people who can help you.

In this guide, you will get info on help for Mainers with HIV and AIDS. You will find information about:

- How to find a Doctor
- Insurance and drug coverage
- Help with getting medical care and other services
- HIV and your legal rights
- Help with housing

Most of these services are low cost or free.

Some services may change over time. The best way to find out more about a service is to contact the agencies providing them. Contact info is at the end of this guide.

You can also check out <http://www.positiveme.org> for current info.



How to Get Services

Case Management

Case Management can help you get many of the services you need. It is free and confidential.

How it Works

To get a case manager:

- You need to live in Maine, and
- Have HIV or AIDS

Your case manager can help you get what you need.

- Medical care
- HIV meds
- Support services
- A place to live
- Health insurance or disability benefits

Your case manager can also help you

- Stick to your med schedule
- Make a financial plan
- Find social support
- Get safer sex information
- Find legal services
- Get transportation

Get Involved

Case management agencies have social events, groups and planning boards. Take this chance to meet new friends, and have a voice in your services.

To find out more, contact one of the case management agencies listed on page 12.

You can also get more info on how to get involved at www.PositiveME.org

Get Good Medical Care

Finding good medical care is not always easy for people with HIV or AIDS. But good medical care is important for your health. HIV can be treated and you can live a long, healthy life with good medical care.

Find a Doctor

Maine has many doctors who are used to treating people with HIV.

- If your doctor is not experienced, he or she should refer you to an HIV specialist.
- Your case manager can also help you find a doctor that is right for you.

Ryan White Part C Programs

Ryan White programs provide primary health care services for people living with HIV or AIDS in Maine. Other services include dental care, mental health services, nutrition services, and help with medications.

-->For program contact info, see page 13.

Virology Treatment Center (VTC)

The Virology Treatment Center in Portland provides HIV care, psychiatric support, and nutrition services. It also offers drug trials for people living with HIV or AIDS.

The program can work with your primary care doctor to be sure you get the best HIV care possible.

--> For contact info, see page 13.

HIV Medications

HIV medication may help you live a longer, healthier life. You and your doctor will decide if and when to start using HIV medications.

Before You Start Treatment

Before you start a new treatment, you should:

- Understand how your meds work
- Learn about side effects and how to manage them
- Tell your doctor about any other medications, herbs or vitamins you take.

Taking Your Meds Every Day

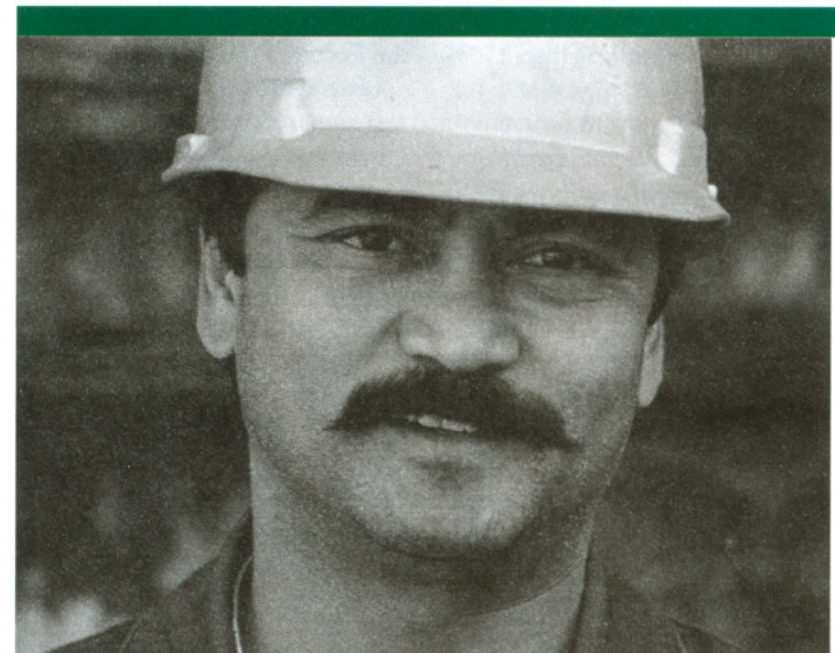
It is important that you take each medication exactly as your doctor told you to. If you don't take all of your meds every day, the meds might stop working. You may run out of treatment options if you don't take your meds on time, every time. Talk with your doctor if you have trouble taking your medications.

Side Effects

Some medications have side effects. The side effects might make you want to stop taking your meds.

You should not stop your meds or change your schedule without talking to your doctor.

If you have problems with your medications, tell your doctor. Together you can look for other options.



Find Insurance & Drug Coverage

MaineCare

With HIV or AIDS, you may receive either full or limited MaineCare benefits.

Full MaineCare Benefits

To get full MaineCare benefits, you must:

- Live in Maine
- Earn less than 100% of the Federal Poverty Level (\$867 a month for one person in 2008)
- Meet eligibility rules
- Agree to program rules and sign a consent form

MaineCare Limited Benefit for People Living with HIV/AIDS (Waiver Program)

To get limited MaineCare benefits, you must:

- Live in Maine
- Have HIV or AIDS
- Earn less than 250% of the Federal Poverty Level (\$2,167 a month for one person in 2008)
- Agree to program rules and sign a consent form

To get this coverage, you must tell the MaineCare that you have HIV. They will not ask.

MaineCare can help pay for many things, including:

- Doctors' visits
- HIV/AIDS treatment (including HAART)
- Lab and x-ray services
- Mental health and substance abuse services

To see if you can get MaineCare benefits,

- > speak with your case manager, or
- > see page 13 for contact info.

AIDS Drug Assistance Program (ADAP)

The AIDS Drug Assistance Program helps people who cannot afford their HIV medications.

The ADAP program:

- Pays for all FDA-approved HIV antiretroviral medications
- Pays for many other medications
- Helps with some insurance costs, including private insurance and MaineCare premiums
- Helps with lab bills
- Helps with co-pays

To get ADAP you must:

- Live in Maine
- Have HIV
- Earn less than 500% of the Federal Poverty Level (\$4,255 for one person in 2008)

To see if you can get help from ADAP,

- > talk to your case manager, or
- > call ADAP at: 207-287-2899 or 1-800-821-5821.

Medicare

Some people with AIDS may qualify for Medicare.

Medicare has three parts:

- Part A, Hospital Insurance, covers emergency and hospital care.
- Part B, Medical Insurance, covers doctor's visits, lab tests, and other care.
- Part D, Prescription Drug Coverage, covers medications.

You might need to pay some costs with this program such as medication co-pays or monthly fees. ADAP may be able to help you.

Call ADAP at 207-287-2899 or 1-800-821-5821 to find out more.

To learn more about Medicare,

- > speak with your case manager, or
- > see page 13 for contact info.

Stay healthy

HIV can be spread through

- Unprotected Sex
- Sharing needles and works
- Pregnancy, childbirth and breastfeeding

You can protect others from getting HIV. And you can keep yourself safe from new infections such as other STDs. Talk with your case manager if you need help with this.

Things to Consider

- If you are pregnant or plan to become pregnant, talk to your doctor about keeping you, your partner, and your baby safe.
- There are ways you can keep you and your sex and/or needle-sharing partners safe. Ask your case manager for more info about safer sex or needle exchange programs.

When & how to tell others

When you have HIV or AIDS you have to make many decisions. One important decision is when and how to tell others about your HIV.

Get Support

You don't have to tell everyone about your HIV. Your case manager can help you decide who to tell and when. Your case manager can also help you find support groups.

Other Options

Your case manager can also refer you to services that can

- Offer more focused safer sex and/or needle sharing help and support
- Help you talk to your partners about HIV risk
- Let past partners know they should get tested for HIV

Know your rights

There are laws that protect people living with HIV or AIDS.

You cannot be discriminated against in the areas of:

- Employment
- Housing
- Education
- Access to public places
- Getting credit

If you have been treated unfairly because of your HIV status, many organizations can help you understand your options.

--> Contact your case manager for more info

Find help with housing

If you need help with housing, there are some programs that can help you:

- Pay your rent
- Pay your mortgage
- Pay your utilities
- Get a rental subsidy

Speak with your case manager to learn more, or apply for help.



Where to get help

Case Management Agencies

Down East AIDS Network

25A Pine St.
Ellsworth ME 04605
(207) 667-3506
*Serves residents of Hancock and
Washington Counties*

Eastern Maine AIDS Network

370 Harlow St.
Bangor, ME 04402
207-990-3626
*Serves residents of Aroostook, Penobscot,
and Piscataquis counties*

Frannie Peabody Center

335 Valley St.
Portland, ME 04243
207-774-6877
Serves residents of Cumberland and York counties

The Horizon Program

9 Green St.,
Augusta, ME 04330
207-621-3785
*Serves residents of Franklin, Kennebec, Knox,
Lincoln, Sagadahoc, Somerset and Waldo counties*

St. Mary's Regional Medical Center

Campus Ave.
Lewiston, ME 04243
207-777-8507
*Serves residents of Androscoggin
and Oxford counties*

www.PositiveME.org

A site especially for HIV+ Mainers

Insurance and Drug Coverage

MaineCare

- *MaineCare Member Services:* 1-800-977-6740
- *Office of MaineCare Services:* 1-866-796-2463 ext.7-4758

Medicare

1-800-MEDICARE

AIDS Drug Assistance Program (ADAP)

11 State House Station
Augusta ME 04333
(207) 287-2899

Medical Care Programs

The Horizon Program

150 Dresden Ave.
Gardiner, ME 04345
207-626-1051
Serves residents of Central Maine

Regional Medical Center at Lubec

43 South Lubec Rd.
Lubec, ME 04652
207-773-1090 extension 2226
Serves residents of Northern Maine

Portland Public Health

Positive Health Care

103 India St.
Portland, ME 04101
207-874-8791
Serves residents of Southern Maine

Virology Treatment Center

48 Gilman St.
Portland, ME 04101
207-662-2099